

What is WIC?

2013–2014



WIC is the Special Supplemental Nutrition Program for Women, Infants and Children.

WIC will help you and your family...

- Save money
- Eat well
- Learn about nutrition
- Stay healthy

For eligible families, WIC provides:

- Healthy foods
- Health screenings
- Health and nutrition information
- Help from licensed registered dietitians
- Breastfeeding information and support
- Referrals to health and social services



SUPPLEMENTAL NUTRITION PROGRAM
FOR WOMEN, INFANTS AND CHILDREN

www.wic.dhw.idaho.gov

Choose WIC!

If you:

- 1) are a resident of Idaho
- 2) are one of the following categories:
 - pregnant
 - breastfeeding a baby under one year of age
 - just had a baby
 - have an infant or child under the age of 5
- 3) have a nutritional need
- 4) meet the income guidelines below

WIC Income Eligibility Guidelines

July 1, 2013 through June 30, 2014

Number of Household Members	Maximum Gross Household Income
	Per Year
1	\$21,257
2	\$28,694
3	\$36,131
4	\$43,568
5	\$51,005
6	\$58,442

For each additional individual, add \$7,437/year.

One pregnant woman counts as 2 household members.

Prescreening Tool: wic.fns.usda.gov/wps/pages/start.jsf

These guidelines are to see if you *might* qualify for WIC.

To make sure that you qualify, please contact your local WIC office. To find your local office, call the Idaho Careline at 211 or 1-800-926-2588, or visit www.wic.dhw.idaho.gov.



IDAHO DEPARTMENT OF
HEALTH & WELFARE



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